

## Fitness Challenge

- (Your worksite name) is organizing a healthy fitness competition between (Date) and (Date).
- The intent of the Fitness Challenge is to encourage (Worksite name staff) to be physically active.
- Simply put together a team of co-workers or friends.
- The team can have any number of members as we will calculate an average number of minutes of activity per person to determine the winning team.
- The winning team will receive (Ex. a traveling trophy and individual awards).
- The minutes must be turned in by (Date) to be eligible for the competition and the winning team will be announced at (Ex. special event honoring team members or during a staff meeting).
- A Calendar Form is attached in this message to keep track of your team's minutes. Don't forget to include team members' names, team contact and an address and phone number.  
**Please submit one calendar per team.**
- Keep track of both daily and weekly totals.
- Suggested activities:
  - ④ Swimming
  - ④ Walking
  - ④ Biking
  - ④ Racquetball
  - ④ Step climber
  - ④ Stationary bike
- We encourage people of all abilities to participate in the Fitness Challenge.
- Drop boxes are available for teams to submit their calendars at the following locations:  
(Ex. Locations in community or different worksite locations)
- Please consult your healthcare provider if you have any health concerns before beginning any physical activity.



+ This symbol indicates a physical activity. The SD Department of Health recommends daily physical activity to enhance heart health.